

Weston Youth Services November/December Offerings

Winter WOW!

Our Winter 2014 WOW! after-school catalogues are now available! If your child is looking for something new to try, check out Hola Mis Amigos!, Cultural Music and Movement, Puppet Making, and Digital Storytelling. And we're still offering many of our – and hopefully your! - favorites including Magic, Karate, Paint Draw & More, and Little Scientists. Please visit our website (www.westonyouthservices.org) for more information. Registration begins on Tuesday, December 3rd, however if your child was wait listed in the fall you will be invited to register early on November 25th and November 26th.

Parenting Workshops

Turkey talk is everywhere (to brine or not to brine?), and Hanukkah menorahs and Christmas stockings are already appearing on store shelves. Although the holiday season is supposed to be a time of joy and thanks, it is often filled with stresses and stressors. Disrupted school, work and sleep schedules, present giving and getting, traffic jams, your sister-in-law's cooking, your father-in-law's (bad) jokes, your mother-in-law's looks, and your own mother's...well....your own mother.

Join us this November and December as we focus on **Holiday Health & Happiness** – we'll discuss how to manage expectations and minimize conflicts, entertain and educate relatives, maximize calm and cheer, and maybe even share our favorite pumpkin spice cake recipe!

Wednesday November 20th

Preparation, Presents, and Pacing

9:30 – 11 am *Refreshments will be served!

Town Hall Annex Conference Room

Facilitator: Michelle Albright, PhD

Have you already started composing your holiday to-do, to-buy, and to-cook list? Are you already on the search for the “perfect present?” Do you wonder how you could possibly cater to your gluten-intolerant sister and your vegetarian cousin, your teenage nephews and your toddler daughter, your germ-phobic father-in-law and your hyper-active son? Did your stress level rise just reading this paragraph?

Join Michelle Albright, PhD, Director of Youth Services for a discussion about how to balance the often inconsistent and incompatible styles, skills, and symptoms of your family members during the holiday season. For the past 20 years Michelle has been working with schools and communities across the country to promote children's healthy development and preserve parents' sanity

Monday December 2nd

Family and feelings.

12 – 1:30 pm *Lunch will be provided
Town Hall Annex Conference Room
Facilitator: Jacqueline Lapa Sussman, MS, LPC

“I won’t ever be like my mother.” “Ugh, I sound like my mother.” “I swore I would never parent like my father did.” Sound familiar? Spending time with our families around the holidays often prompts us to reflect on how our parents shape us as people, and influence our own parenting styles and skills. In this workshop you will be taken through experiential imagery exercises and learn tools to successfully communicate with your parents and your children.

Psychotherapist Jacqueline Lapa Sussman is a counselor, speaker, seminar presenter, teacher, and published author. Formerly the Director for Projects for the National and International Imagery Association, she is one of the foremost practitioners of Eidetic Imagery psychology.

Programs are open to all parents and caregivers and there is no fee to attend. To RSVP to any of the upcoming sessions please email [**malbright@westonct.gov**](mailto:malbright@westonct.gov) or call 203-222-2585.